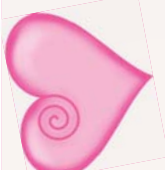


FEBRUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Exercise Tip: Find a friend or relative whom you like and trust who also wants to establish a healthier lifestyle. Use this as an opportunity to enjoy one another's company and to "strengthen" the relationship!</p>	<p>1 Run/Walk/Bike Across America Sign up at the Fitness Center</p>	<p>2</p>	<p>3 Indoor Cycling Every Friday 0600-0645 Fitness Center</p>	<p>4</p>	<p>5</p>	<p>11 Soccer Tournament 5 on 5 1000 Hockey Rink</p>
<p>6 Power Kick/Sculpt Every Monday 1130-1230 A&FRC</p>	<p>7</p>	<p>8 Introduction to Weights 0900-1000 Fitness Center</p>	<p>9 Blood Pressure Self Checks 1000-1200 Fitness Center</p>	<p>10</p>	<p>16 PTL & Sports Rep Meeting 1400 Library</p>	<p>17 Salsa Sizzle Every Friday 1700-1800 A&FRC</p>
<p>12</p>	<p>13</p>	<p>14 Run with your Valentine! 5K Run 1200 Fitness Center</p>	<p>15</p>	<p>23 Hardcore Fitness Every Weekday 1200-1230 Fitness Center</p>	<p>24</p>	<p>25 Salsa Sizzle Every Saturday 1000-1100 A&FRC</p>
<p>19</p>	<p>20 President's Day Holiday Hours 0800-1800 Fitness Center Fitness Annex Closed</p>	<p>21 Healthy Heart Awareness 5K Run 1530 Fitness Center</p>	<p>22</p>	<p>29 Circuit Training Every Wednesday 1700-1800 A&FRC</p>	<p>Health Tip: Snacks are a great way to refuel. Choose snacks from different food groups- a glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal.</p>	
<p>26</p>	<p>27 Inclusive Program You & a Personal Trainer 1800 Fitness Annex</p>	<p>28</p>				